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Suggested use: As a dietary supplement, take one veggie capsule per day with water. Do not exceed recommended dose.



WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Rev 0 02 25 20



Folic Acid & B12

Energy Support

2-IN-1 COMPLEMENTARY FORMULA

VITAMIN SUPPLEMENT | **30 VEGGIE CAPS**

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
Folate 1,665 mcg DFE (1,000 mcg folic acid)	416%
Vitamin B12 1,000 mcg (as cyanocobalamin)	41,667%

Other ingredients: Rice flour, hypromellose (vegetarian capsule), magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
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